"A study of the effect of Yognidra on the Occupational stress, Job anxiety & Life satisfaction of shift workers."

Synopsis

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CHAPTER – 1

"A study of the effect of Yognidra on the Occupational stress , Job anxiety & Life satisfaction of shift workers."

Need of the study:

In 19th century, with the industrial revolution , a new rhythm of production began . With the invention of light bulb, a new group of workers ,who sleep during the day and work during the night was created – like night watch guards ,machine inspectors, soldiers etc. **Shift work occurs in a work schedule that utilize 24 hours a day ,to keep an organization operating.**

Acc. to the **Australian bureau of statistics report**, shows that in 1997, 36.7% of all workers (about 2.3 million) were working between 6 am and 10pm and 17.4% (more than one million) were working between 10pm & 6am.

A rotating shift is a work schedule where people move through a cycle of working during day, swing, and night shifts. The workers those are working in these working schedule called rotating shift workers .These workers are working for 8 hour work schedule to cover 1, 2 or 3 shifts a day for 7 days a week.These working hours have a serious impact on workers health. The body is synchronized to night and day by a part of the brain knows as the **circadian clock.** A night shift workers confuses their circadian clock by working when their body is programmed to be sleeping.(circadian clock is a small part of the brain , which monitors the amount of light we see, moment by moment . In the evening when light starts to wane , our clock notices and prompts a blood of brain chemical called melatonin, which gives the body the signal to fall asleep .Overnight melatonin levels remain high . They drop at day break & remain during the day) During the day other chemicals (neurotransmitters) such as noradrenalin & acetylcholine increase in body and keep our awake. This changing rate of activity over each 24 hour period is known as circadian rhythm. A person who works nights or starts their working day before 6am , runs counter to their circadian rhythm. This may put them at risk of physiological , psychological & social problems and life satisfaction also.

Others investigation shows that these shift hours have a serious impact On workers and their families, because shift workers have little opportunities to interact in social or family gathering , and are under enormous strain and stress in coping with everyday issues , both on and of the job. **E.L.Thorndike(1911) says that dissatisfaction may lead to stress, anxiety, tension ,and lowering down of the efficiency .**

Harnold Thomas outlined the many biological and Social problems associated with rotating shifts. Other research says that the amount of life stress and role conflicts were the two major predictors of negative mental health outcomes among shift workers.

Occupational stress is more strongly associated with health complains than financial or family problems . A combination of different surveys concluded that 65% workers said that workplace stress had caused difficulties, **workplace stress** can contribute to hypertension , strokes , heart attacks , diabetes, ulcers, neck or low back pain , depression , **anxiety** and its diverse effects on the gastrointestinal tract, skin compensation claims and high absenteeism.

The yoga research and Education Center (YREC) writes: "Yoga has a great effectiveness and practicality of occupational stress management interventions "

The **Stress reduction clinic at the Massachusetts Medical center in Worcester**: yoga in conjunction with mediation can indeed relieve stress and improve work performance. A majority of the clinic patient's reports lasting decreases in both physical and psychological symptoms of stress.

Mukhopadhyaya.S, Roy.U.S , Prasad. R (2001) – his result shows that yogic activities like (Asanas, Pranayama, Satkarm, Meditation ,Pranav jap) help to decrease the level of tension, Depression & keeps mind calm.

Kjaer et al. (2002)- Yognidra gives you a profound experience of muscular, **mental** and emotional relaxation . So after analyzing above data researcher have decided to give them some specific yogic practice or exercise that can decrease the level of the occupational stress & job anxiety of shift workers and become helpful to enhance life satisfaction among industrial workers or person's and make there life easy and healthy.

Objectives-

1. To study the occupational stress, job anxiety & life satisfaction among shift workers.
2. To study the effect of Yoga Nidra on the occupational stress, job anxiety & life satisfaction of shift workers.

Research Problem –

"A study of the effect of Yognidra on the Occupational stress ,Job anxiety & Life satisfaction of shift workers."

CHAPTER – 2

Review of Literature –

Craig Sebastiano , August 27, 2008 Shift Workers Less Satisfied with Work-Life Balance, According to the Statistics Canada report, *Work-life balance of shift workers*, finds that 29% of shift workers are not satisfied with their work-life balance. That compares to 23% of regular day workers who are not satisfied

Kubo T, Maruyama T, Shirane K, Otomo H, Matsumoto T, Oyama I. 2008 Mar,The result shows that the anxiety was high among subjects with sleep disorders, especially those suffering from subjective sleep insufficiency (P = 0.08).

Pirola Carlos .J, PhD, Aug. 5, 2007, Argentina, The study showed that serotonin content differed greatly between day workers and rotating shift workers, with levels of serotonin significantly higher in day workers. In addition to sleep problems, low levels of serotonin are also associated with other conditions such as anger, depression and anxiety.

Drake et al. (2004) – in the present study sleep disorder among shift workers was significantly greater than that experienced by daytime workers with identical symptoms such as sleep related accidents, depression, absenteeism, and missed family and social activities.

Labyak (2002) – The existing scientific studies indicate that shift work affects both sleep & waking by disrupting circadian regulation, familial and social life.

Ahasan Rabiul, Mohiuddin Golam, Khaleque Abdul, (2002) : Present study explores possible effects of work related problems and fatigue on shift workers' attitude, aptitude and job satisfaction. Data were collected from subjective responses using questionnaires among adult male subjects working on a weekly rotating three-shift system in a shoe factory in Dhaka, Bangladesh. Results indicate that this particular form of **shift work is seen as disruptive to family, conjugal and social life; it curtails leisure activities, affects sleep and causes health problems.**

Katie Moraes de Almondes, John Fontenele Araújo 2000: This study evaluated anxiety and stress in workers under different shift work conditions. The sample comprised 239 workers, with an average age of 42.6.Results showed that shift workers had higher State-Trait Anxiety scores than fixed daytime workers (t=-4.994; p=0.0001; t=-2.816; p=0.005, respectively). Both samples exhibited stress, but there were no statistically significant differences between the groups (t=-1.052; p=0.294). Shift work schedules caused more situational and dispositional anxiety, but did not significantly increase stress levels when compared to fixed daytime working.

Srivastava Urmila rani (Department of Psychology,Banaras Hindu University,Varanasi) she worked under the titled shift work related to stress, health & mood states of dairy workers. The study shows that the shift and night shift work is a potent source of stress . Shift work is opposed to the human circadian system and this conflict creates **multiple physiological, psychological and psychosocial problems for shift workers.**

Matthew (1981) – reported that Yoga Nidra is a successful therapy for both recent and long standing psychological disturbances of all kinds , especially high anxiety levels and neurotic behavior patterns.

Kaliterna, Prizmic , Zganec , : The survey was carried out on professional workers in social care. Some were shiftworkers, whose schedule included night shifts (N=311), some were shiftworkers without night shifts (N=207) and some were non-shiftworkers (N=1,210). Surveys were mailed and the response rate was 86%. The Quality of Life Profile, which measures importance, satisfaction, control and opportunities in nine domains of life plus measures of happiness, life satisfaction and demands of work . While both groups of shiftworkers, compared to non-shiftworkers, reported needing more physical effort to complete their work, and reported 'being' more physically tired, no differences were found in reports of overall happiness, life satisfaction or total quality of life

Variables –

- **Independent Variables –**
  - Yognidra

- **Dependent Variables –**
  - Occupational stress
  - Job anxiety
  - Life satisfaction

Independent variable-

Yoga Nidra :

Yoga Nidra is a powerful relaxation and meditation technique derived from ancient tantra and developed by **Swami Satyananda of the Bihar School of Yoga**. This technique induces **deep relaxation of the body-mind** with the ultimate aim of increasing self-awareness.

Yoga nidra restructures and transforms our whole personality form within. With every session of yoga nidra we are actually burning **our old samskaras, habits and tendencies** in order to be born anew. This process is quicker than other systems that work on an external basis. In yoga nidra, sowing of seeds of change is found in sankalpa, which you make for yourself during each practice. Sankalpa is a Sanskrit word, which can be translated as resolve or resolution. It is the most powerful method for reshaping your personality.Yognidra is actually a state of consciousness sleep in which one can record what is going on.

Swami Satyananda Saraswati(1975): explains .Yoga nidra as a state of mind between wakefulness and dream.

Dr.K.N.Uduppa of B.H.U suggests that Yoga nidra helps to short out some psychological changes such as anxiety , irritability, and insomnia arise due to over stimulation of the sympathetic nervous system.

Dependent variable-

Occupational stress :

Occupational Stress is **stress involving work**. Stress is defined in terms of its physical and physiological effects on a person, and can be a mental, physical or emotional strain. It can also be a tension or a situation or factor that can cause stress. Occupational stress occurs when there is a discrepancy between the demands of the environment/workplace and an individual's ability to carry out and complete these demands. Often a stressor can lead the body to have a physiological reaction which can strain a person physically as well as mentally. One of the main causes of occupational stress is work overload.

Job anxiety:

Anxiety also called **angst** or **worry** is a psychological and physiological state characterized by somatic, emotional, cognitive, and behavioral components.[2] It is the displeasing feeling of fear and concern.[3] In modern era, anxiety is a common symptom which is found in almost every individual, society and orgnization of the world.

Sigmund Freud, "Anxiety is as something felt an unpleasant effect of state or condition".

Spielberger (1960) defined anxiety as a "state of arousal "caused by threat to well being .Here in the context of Job Anxiety, threat means anticipation of pain or danger or serious interference with goal seeking activities.

Life satisfaction:

Life satisfaction or personal adjustment is something very important in our life, which is so full of stresses of various kinds ,life satisfaction has acquired supreme significance. Life satisfaction is manifested through health ,economic, marital, personal , social , family and job satisfaction . Lack of satisfaction may be reflected in lack of adjustment in either of the areas identified earlier here in. Positive relationship have consistently been obtained between life satisfaction and socio- economic status, perceived adequacy of income and perceived health status **(e.g. Kutner et.al 1956, Cutler 1973 ,Edwards and Klemmack 1973)**

Hypothesis:

1. Shift work among Industrial sector employees causes occupational stress among two groups.
2. Shift work among Industrial sector employees causes job anxiety among two groups.
3. Shift work among Industrial sector employees causes life satisfaction among two groups.
4. The Yoga Nidra decreases the level of occupational stress of 20 – 30 age group of shift workers.
5. The Yoga Nidra decreases the level of occupational stress of 30 – 40 age groups of shift workers.
6. There is no difference between the level of occupational stress of 20 – 30 & 30-40 age groups of shift workers.
7. The Yoga Nidra decreases the level of job anxiety of 20-30 age groups of shift workers.
8. The Yoga Nidra decreases the level of job anxiety of 30-40 age groups of shift workers.
9. There is no difference between the level of job anxiety of 20 – 30 & 30-40 age groups of shift workers.
10. The Yoga Nidra increases the level of life satisfaction of 20-30 age groups of shift workers.
11. The Yoga Nidra increases the level of life satisfaction of 30-40 age groups of shift workers.
12. There is no difference between the level of life satisfaction of 20 – 30 & 30-40 age groups of shift workers.

CHAPTER – 3

Research Design –

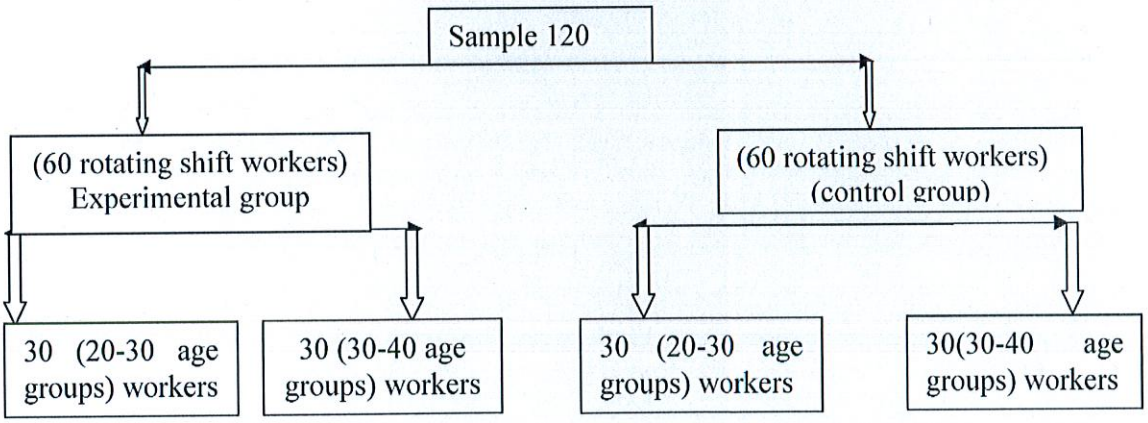
Experimental control group design.

Sample & Sampling –

Sample size – 80 for the study (age limit – 20-40)

Sampling –Stratified random sampling.A method of sampling that involves the division of a population into smaller groups known as strata .In stratified random sampling the strata are formed based on members shared attributes or characteristic. A random sample from each strata is taken in a number proportional to the stratum's size when compared to the population .these subsets of the strata are then pooled to form a random sample.

Sample structure –


Sample 120
(60 rotating shift workers) Experimental group
(60 rotating shift workers) (control group)
30 (20-30 age groups) workers
30 (30-40 age groups) workers
30 (20-30 age groups) workers
30(30-40 age groups) workers

Procedure :

There will be two group in this research ,experimental & control group with the sample size 40 for each group. Lower label workers will be taken for the data in this research..In this study the subjects will be evaluated on the occupational stress index, job anxiety & life satisfaction scale before intervention. After this the yogic intervention will be given to the experimental group for one month, then the researcher will collect the data again by applying these scales on the selected subjects.

Tools –

- Occupational stress Index –Dr.A.K.Srivastava & Dr.A.P.Singh , Psy.Dept ,Banaras Hindu Uni , Varanasi.
- Job anxiety scale – Dr.A.K.Shrivastava (Karnataka), Agra psychological research cell.
- Life satisfaction scale – Dr .Q.G.Alam , Dr.Ramji srivastava, Azamgarh.

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